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ABSTRACT

This document consists of a compilation of 13 separate parenting information bulletins providing suggestions for parents of yet-to-be-born children, newborn children, and infants 1 through 12 months of age. Contents indicate characteristic abilities and behaviors of children at each age and guide parents in parenting activities, such as providing appropriate equipment and clothing, feeding, facilitating learning, disciplining, carrying, making baby food, obtaining birth certificates and social security cards, playing with infants, providing a safe environment, talking with infants, and toilet training. (RH)

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FL Leaflet 411-A

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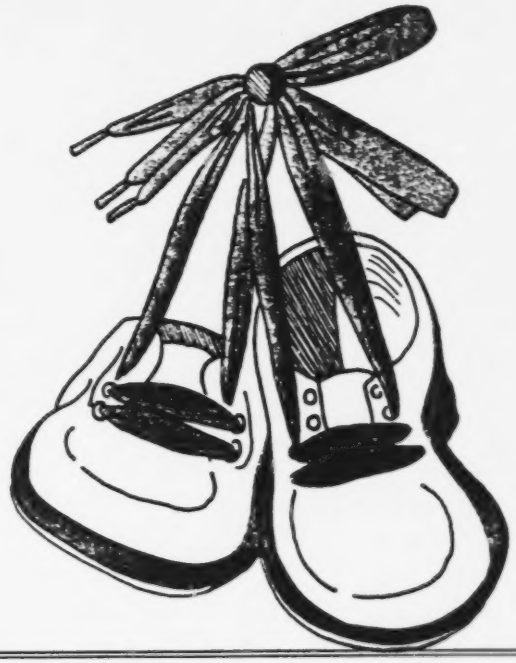
Prenatal Suggestions About the Unborn Child



PS 016286

PRENATAL SUGGESTIONS

Parents, you are probably very much aware of me as I have been moving around for some time. I hope you will prepare for my birth by reading this Extension leaflet and following the suggestions.

THE UNBORN CHILD CAN...

...kick, turn flips, suck a thumb, and even get hiccups. In the last two months before birth, the baby grows in size and weight, and has less and less room to move. At this point, the baby is ready to come into the world - a world where light will replace darkness ... Noise will replace quiet ... Air:liquid ... Cold:warmth ... Hunger and need will replace a never failing flow of supplies. The baby will be "cut off" from constant comfort at birth.

"Prenatal" means occurring, existing, or being in a stage before birth.

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TAKE CARE OF YOURSELF

It is very important that you make an appointment with a doctor or health care provider as soon as you think you are pregnant. Tell the doctor or health care provider that you think you are pregnant. The first sign of pregnancy is usually when you stop menstruating. Be sure to keep all of your appointments throughout your pregnancy.

You also need to eat a variety of foods each day. Follow this guide:

Meats	2 servings daily
Vegetables and Fruits	4 servings daily
Breads and cereals	4 servings daily
Milk	4 cups daily

Remember that potato chips, candy bars, pies, and cakes provide many calories and little food value.

HOW WILL YOU FEED YOUR BABY?

An important decision you have to make before your baby is born is whether to breast-feed or bottle-feed. When making your decision, it is important to discuss this with the baby's father. Both of you should have a positive attitude about the decision.

Breast-feeding is the best way to feed a baby. It's good for the mother as well. Breast-feeding for even a short period of time will be helpful. Tell the doctor and hospital staff that you plan to breast-feed, and they will help you learn how. Ask your doctor, County Extension Office, or Health Department for more information about breast-feeding. Talk with other women who have breast-fed for helpful hints.

If you choose not to breast-feed, commercial infant formula is a convenient and safe substitute. The doctor who checks your baby soon after delivery will recommend a formula and tell you how to feed the baby.

If you bottle-feed, you will need:

--6 to 8 bottles (choose either regular glass or plastic or plastic holders with disposable liners - both must be sterilized before each use.)

--Brushes for cleaning bottles and nipples

--Sterilizer or large pot with top

--About a dozen nipples. If nipples do not work right, it may be frustrating to you and baby if you do not have an extra. Rotate the use of the nipples; after 2 to 3 months' use, replace nipples.

--A jar for mixing formula

--Punch-type can opener (if you choose concentrated or ready-to-feed formula). Keep this separate and use for baby only. Wash after each use.

You may want to purchase a bottle warmer. However, bottles can be heated in a pan of hot water. Before buying any of this equipment, talk with mothers who are bottle feeding their babies for helpful advice. Shop around and compare prices for the best use of your money.

Regardless of whether you breast or bottle feed, expect a newborn to eat at least every 4 hours.

FOR FATHERS ONLY

Now is the opportunity to prove how mature and responsible you are. During pregnancy a woman needs more love and care than ever. She needs sincere hugs and praises from you daily. Your share of the work around the house should always be equal to hers, especially if she works outside the home. Now that she is pregnant, you'll want to assume more than an equal share of the load.

Encourage her to breast-feed the baby. This is better for the baby. It also helps mother to regain her shape quicker.

The next "Baby Talk" leaflet will be about how much it costs to rear a child from birth through high school. You may decide to limit your family. Discuss birth control methods with the doctor and your mate before your baby is born. Your wife's body will be ready for another pregnancy in 2 years after this birth. This time space is necessary for many reasons, one being to give the mother's body time to get ready to produce another healthy baby.

Your baby is depending on you to be a responsible, mature, loving father and you can begin right now, months before the expected arrival.

BABY'S LAYETTE

When buying baby's layette, shop wisely or you can wreck your family's clothing budget. Most mothers want to buy all the pretty, cute little clothes that are so adorable. Many are not very practical and in many cases are seldom worn before they are outgrown; so do with fewer items and wash often.

If you are going to have a shower, wait and see what you receive as gifts before shopping. If you get more than is needed of any item in a newborn size, you may want to exchange the item for a larger size. The infants' size chart will give you an idea of how long your baby will be able to wear a certain size.

STANDARD CLOTHING SIZES FOR INFANTS

Size	NB	Sm.	Med.	Lg.	Ex Lg.
Months	0-3	6-9	12-18	24-30	36
Height (")	Up to 25 1/2	25 1/2-27 1/2	28-32	32 1/2-36 1/2	37-38 1/2
Weight (lbs.)	Up to 14	15-19	20-26	27-32	33-36

To help you determine what is needed, refer to the checklist at the end of this leaflet. The quantity of clothes that you will need will be determined by your laundry facilities, lifestyle, and what you can afford to spend. If you have a washer and dryer handy, you will need fewer clothes. The working mother may need more clothes for her baby, as time will not permit laundering as often.

The season of the year will also play an important part in the baby's layette. During the winter, warmer clothes will be needed than during the spring and summer months. If your baby is born in the spring or summer, buy lighter weight clothes. You may also delay buying a heavy blanket or sweaters for several months. Baby clothes should be simple in design and well made. They should provide for comfort, warmth, and ease-of-care. All garments should be soft. No baby feels comfortable in clothes that scratch, bind or restrict body movements. Avoid rough trims and stiff fabrics, no matter how pretty.

Shirts, dresses, sleepers, and gowns that fasten all the way down the front or back allow for ease in dressing and undressing the baby. Too, most babies do not like to have any articles of clothing pulled over the head.

DIAPERS - DISPOSABLE VS. CLOTH

Choosing between disposable or cloth diapers is another decision you will have to make. You may decide on a combination of the two. When time and energy are limited, you may prefer disposable diapers. They are also good for traveling and for leaving with baby sitters. Many nurseries require disposable diapers.

Studies show that buying and laundering cloth diapers at home costs less in terms of beginning cost. But cloth diapers require time and energy you might prefer to spend enjoying your family. Laundering cloth diapers in coin-operated machines will involve more time and cost. Disposable diapers save time and take less work to use than cloth diapers since they can be disposed of when soiled. However, some babies may be unable to wear disposable diapers.

CARE OF CLOTH DIAPERS

When laundering diapers, the most important thing to remember is to wash and rinse them thoroughly so that your baby is less likely to get a "diaper rash." Diapers should be clean and soft. Soap or hard-water film make them stiff, nonabsorbent, and irritate baby's tender skin.

Keep a covered plastic pail near the table where you dress and change the baby. Keep it about half-filled with water with suds or a borax solution. Place wet diapers in the pail as soon as you change baby. Soiled diapers should be thoroughly rinsed by holding them in the toilet bowl while you flush the toilet. Be sure to hold on firmly so you will not lose the diaper in the commode. Then place them in the diaper pail.

When you have enough to make a washer load (and it is best to wash diapers by themselves), use the regular setting on your washer. Using a cold water rinse will save energy. You'll want to use an extra rinse, if available; and if you add a fabric softener to the final rinse, diapers will be softer and easier to pin. To keep diapers at peak absorbency, however, omit the softener about every fourth laundering. Then dry them completely in the dryer's normal cycle or line dry and fold without ironing.

THE REST OF BABY'S LAUNDRY

For all their tiny size and delicate appearance, baby clothes today are practical and washable. They can be sorted and laundered with the rest of the family wash, according to fabric and color. Shirts, nightgowns, and bedding can go in with other whites and pastel cottons; bright colors with other bright shades in cold water; dresses and other delicate garments along with fine lingerie and other items that call for delicate handling. Wool blankets, bootees, sweaters, and other wool knit garments can be treated like your other fine woolens; some of these are now machine washable, too. The modern synthetic fibers, such as Acrilan and Orlon, used in so many babywear items can usually be machine washed and dried. Check the label for instructions.

Any stains on baby clothes should be pretreated, as many will be set up by hot water. It's also a good idea to mend any small rips or tears before putting garments into the washer, as they can grow larger during laundering. It's all right to bleach your baby's clothes when they need it, but use a bleach that's correct for the fabric involved. There's no truth to the notion that bleached clothes will irritate the baby's skin. The bleach is gone once the fabric has been thoroughly washed, rinsed, and dried.

Waterproof plastic pants can be laundered along with diapers or other baby clothes. Or you may prefer to hand-wash them with detergent and air-dry them. Do not put them in the dryer before checking the label.

SELECTING A SAFE CRIB

Because infants spend so much time sleeping, a safe crib with a firm, waterproof mattress is the first priority for baby's furnishings. Older cribs are the cause of the majority of infant and toddler deaths and injuries from nursery equipment. Most problems are caused by cribs that were made before 1974. Examine hand-me-down or garage sale cribs carefully before using them for your new baby.

Never use a crib with missing slats. Be certain that each slat is tight and not more than 2 3/8 inches apart.

If an older crib has corner posts, saw them off and sand the edges smooth. Both heads and garments can be caught on these. Be certain the ends of the crib are made of a nonsplintering material. Paint or refinish older cribs with lead-free paint products.

The mattress should fit the crib snugly. Two adult size fingers should not fit between the mattress and crib

sides. Always remove all packing plastic wrappings from the mattress and never use lightweight plastic to waterproof a mattress.

Before using any crib, be certain all parts -- nuts, bolts, screws, and mattress supports -- are in place and securely tightened.

If the crib is placed next to a window, make sure that there are no drapery or venetian blind cords within the child's reach. Never hang any stringed object, such as a toy on a string or a laundry bag, near the crib. Children can be caught in these strings and strangle.

When your baby is in the bed, always lock the side rails.

Your baby will grow quickly. As the child grows, adjust the mattress to lower positions. When your baby is 35 inches tall, it is time to switch to a bed.

OUTFITTING THE CRIB

Several linens or toys look pretty in baby's crib, but select them carefully. Sheets should fit the mattress snugly. Well-fitting knitted sheets are wrinkle-free and smooth on baby's tender skin.

If you buy bumper pads, make certain they fit around the entire crib and tie or snap into place with at least six straps. To prevent baby from chewing the straps, cut off any excess length. Only use bumper pads until baby can pull up, then remove them so they aren't used as a step to climb out of the crib.

Crib gyms and bright colored toys that are stretched across the bed are fun for infants, but they must be fastened securely, so they cannot be pulled down. Make certain that mobiles are out of reach and there are no loose strings or cords that baby can pull. Crib gyms need to be removed from the crib when baby is 5 months old or is able to push up on hands and knees.

STROLLING ALONG

You might get a stroller early as a shower gift, on sale, or as a garage-sale bargain. Selecting a stroller is important, for over 11,000 children are injured each year by strollers.

Choose a stroller with a wide base to prevent tipping. If the seat is adjustable, be sure the stroller will not tip backwards when baby's weight is in it.

Check the seat belt to make certain it is strong and can fit snugly around the baby. Use the seat belt each time baby is in the stroller. Keep your baby away when folding or unfolding a stroller. Fingers have been cut off in the folding mechanism.

BE A SMART SHOPPER

Much of the cost to have a baby is for hospital and doctor care, but you will be surprised at the price tags on accessories, clothes, utensils, and all the equipment you'll need or want for your new baby, especially a first-born.

Often families overbuy in the baby's layette and nursery items. However, with a little thought and care in what you buy, you can cut costs. You'll find many lists of basic equipment for the new baby. Remember that every item is not necessary. Talk with relatives and friends who have young children. Find out what they think is necessary and buy according to their advice and your needs and life-style.

The temptation to buy shiny new items is great, but consider total amount of money, how long the item will be used, if it can be used in another way, and if it will fit into your lifestyle. Many times you can use secondhand items or those borrowed from friends and relatives. But remember, don't sacrifice your baby's safety to save a few dollars.

CAR SAFETY SEATS

The law in South Carolina requires all children under the age of 4 to ride buckled up in cars on our highways. Children must be secured as follows:

1. Any child less than 1 year of age must be properly secured in a child safety seat which meets the standards prescribed by the National Highway Safety Administration.

2. Any child under 4 years of age, when transported in the front seat, must be properly secured in a child restraint system meeting standards prescribed by the National Highway Traffic Safety Administration.

3. Any child, 1 year through 3 years of age, when transported in a rear seat, must be properly secured in a child restraint system which meets the standards prescribed by the National Highway Safety Administration unless the child is secured by a safety belt provided in the motor vehicle.

Several agencies loan safety seats. Ask your County Extension Agent.

PRENATAL CLASSES

Ask the doctor or health care provider if classes about pregnancy and caring for babies are available. Many times classes are offered at no cost.

CHILD CARE

It is not too early to begin planning child care if you work outside the home or go to school. Your County Extension Agent has helpful information about arrangements for the care of your baby.

NAMES

Begin to choose the name of your child. Children with names like "Robert" and "Barbara," good solid names, seem to do better in school than children with cute or unusual names.

HOSPITAL ARRANGEMENTS

Remember to make arrangements for hospital admission or delivery of the baby early. Pack your suitcase because it is sometimes difficult to know just when the baby will arrive.

PREPARE FOR BUSY TIMES

You may wish to prepare and freeze some meals for the family to eat while you are in the hospital or even after you come home. Also arrange for older children to receive special attention. Babies usually take more time than new mothers think.

Watch for your next issue of "Baby Talk - For Parents of Infants Under 1 Month."

CHECKLIST OF BABY'S NEEDS

ITEM	RECOMMENDED	HAVE	NEED
Baby's Layette			
Cotton Receiving Blankets	3-5	___	___
Outdoor Blanket	1	___	___
Cotton Shirts	4-6	___	___
Socks or Bootees	2-3 pairs	___	___
Sweaters	1-2	___	___
Diapers (cloth)	3-5 dozen (1-2 doz. if using disposable diapers)	___	___
Disposable Diapers	1-2 dozen (very good for travel and trips to doctor. Approx. 5 dozen if used primarily.)	___	___
Diaper Pins	6-8	___	___

Waterproof Pants	4-6 pants	___	___
Sleepers or Gowns	3-5	___	___
Cap or Bonnet	1	___	___
Bunting or Sleeping Bag (for cold weather)	1	___	___
Lap Pad	1-2	___	___
Bibs	4-6	___	___
Dress-Up Outfits	1-2	___	___

For the Nursery

Crib	1	___	___
Mattress	1	___	___
Crib Bumper	1	___	___
Crib Sheets (fitted)	3-4	___	___
Mattress Pad	2-3	___	___
Chest of Drawers (Dressing Table Top will be convenient)	1	___	___
Plastic Tub	1	___	___
Soft Towels and and Washcloths	3-4	___	___
Diaper Pail	1	___	___
Diaper Bag	1	___	___
Infant Seat	1	___	___
Nail Scissors	1	___	___
Stroller (optional)	1	___	___
Playpen (optional)	1	___	___

As Baby Grows

High Chair	1	___	___
Training Seat	1	___	___
Swing	1	___	___

Adding to Baby's Wardrobe

Creeps	3 pairs	___	___
Coveralls (stretch or non-stretch)	3-4 pairs	___	___
Polo Shirts or Jersey Tops	4-5	___	___
Sweaters	2	___	___
Training Pants (these are needed for 1 1/2 to 2 years)	6-8 pairs	___	___
Dresses (or boy's suits)	3 or 4	___	___
Buntings	1 (for winter)	___	___
Sunsuits	3 or 4 (for summer)	___	___
Socks	2-3 pairs	___	___
Soft-Soled Shoes	1 pair	___	___
Cap or Bonnet	2	___	___

Additional Item

Car Seat	1	___	___

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For Parents of Infants Under 1 Month

FOR PARENTS OF INFANTS UNDER 1 MONTH

Hello, Mom and Dad. I am ME! There is nobody else in the world like me. I will grow and change as all babies do, in my own way. At my age, I'm unpredictable. You know already that it's hard to tell how I will act and react. We are getting to know each other.

What will your newborn look like? A newborn baby's head may be slightly lopsided; this is caused by moving through the narrow birth canal. The umbilical cord is cut at birth by the doctor. The cord stump is left uncovered to promote healing. It later turns dark, and between 1 and 3 weeks it drops off.

All newborns are wrinkled and slightly blue, regardless of race. As time goes by, the color changes. The baby's legs will be bowed because they have been curled up inside the mom for 9 months. They will straighten out during the first year.

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The average baby ...

--Discovers hands - Some babies find their thumbs or hands with their mouths within the first few days of life.

--Raises head - At 1 month of age, many babies begin trying to lift their heads.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half of the total number are behind.

FRIENDSHIP WITH BABY

A baby knows love when you hold it with confidence. Baby trusts you because you respond to cries and provide regular feeding and comfort. Talking to the baby is also part of the friendship. You will want a comfortable chair in a quiet place to spend time alone with your baby. A baby doesn't use words, but you can tell the cries of hunger from cries of pain. Fretting sometimes lets us know baby wants company and attention. This type of communication, understanding, and friendship between parent and child fosters baby's growth and development.

INTELLECTUAL DEVELOPMENT

Now is a good time to read to your baby. You cannot start too early. Time spent reading aloud to baby is considered quality time. You can even read things you want to read. The holding, cuddling and voice sound is what is important. It is especially important that fathers help do this. Remember all through your child's young days that the home is the best learning environment and parents are the best, most effective teachers!

CRYING

Sometimes it is hard to determine why a baby is crying. Parents can check reasons in this order:

1. Wet or soiled diaper
2. Too warm or too cold
3. Wanting to change position
4. Needing to be burped
5. Hunger or thirst
6. Feeling lonesome
7. Exhaustion (Parents can gently rub or pat baby in a soothing fashion.)
8. Tension

If all of the above have been ruled out as the cause, parents will want to check with the doctor.

FOR FATHER ONLY

We now know that it is very important that there be two to three people in a baby's life who are there on a regular basis and who love the baby very much. In addition, many well-adjusted babies have fathers who really love the child's mother. Make your mate feel special, beautiful, and cared for every single day. According to Dr. Charlie Shedd, a famous minister, "The best dads are good lovers." Let your love show for mom and baby every day. How? Although hugs and kisses are terrific, help with household chores really proves your love.

Plan to take the baby's mother out without the baby when the baby is 2 to 3 weeks old. In fact, couples with the best relationships arrange some meaningful time together, without the children, several times a month.

COST OF HAVING A BABY

Until you have been a parent, you may not know that your first baby can set you back anywhere from $3,500 to $5,000 by just arriving on the scene! Additional children, who will probably get hand-me-downs, don't cost quite as much. These figures include medical care before, during, and after the

birth (which can vary greatly depending upon where you live), and at-home expenses, including maternity clothes for the mother and clothing and equipment for the baby. If you have a low birth weight baby, you may have expenses up to $25,000. Medical and hospital costs are fixed, and you can't do much about them. The other costs are flexible, and you can control them to a certain extent. Be sure to read the article on layette, baby furniture and equipment in the leaflet on prenatal suggestions.

Although each additional child may cost a little less than the first (because of hand-me-downs), the overall cost to the family increases drastically.

Even though children aren't thought of strictly in terms of how much they are worth or how much they cost, it is still necessary to think about these costs in today's world. Studies show that it could cost up to three times the family's annual income (after taxes) to raise a child to the age of 18. The dollar amount will vary widely, depending on your family's circumstances and, in part, on your ideas of what is necessary and desirable for raising children.

The long-term trend of prices is upward. There is no way of knowing exactly how much it will cost to raise a child at the time of birth.

The United States Department of Agriculture released cost estimates in early 1986 based on 1985 figures. The estimated cost for raising a child during the first year of life in the South was $5,026. This figure climbs to over $6,000 per year for the teenage years. Care and management may enable you to reduce these figures.

Using current figures, it costs approximately $98,400 to raise a child to age 18. This does not include costs of college, which ranged from $3,600 to over $9,600 a year during the 1985-86 school year. This range goes from a two-year public college to a four-year private college. It is a good idea to begin planning for your child's future education now. Before you know it, your bundle of joy will be 18 years old. Will you be ready to help launch this child into adulthood? Remember that you are a parent-teacher.

FEEDING THE NEWBORN

During the first year of life, an infant grows, develops, and matures faster than any other period of life. Birth weight usually triples in the first year. So meeting the baby's nutritional needs is important. The American Academy of Pediatrics recommends:

--The mother should breast-feed for as long as possible. The doctor will prescribe a supplement for necessary vitamins and minerals. If the mother does not breast-feed or if breast-feeding is stopped before the baby is a year old, iron-fortified commercial formula is the best food. Your doctor will make recommendations on supplementing with fluoride for protection of teeth.

--Do not introduce solid foods, such as baby cereal or baby food, until the baby is 4 to 6 months old.

--Feed no fresh cow's milk, in any form (whole, skim, or 2%), before the end of the first year.

These are the latest recommendations from the American Academy of Pediatrics' Committee on Nutrition. Family physicians and pediatricians may have slightly different recommendations. Your doctor should be up-to-date on feeding recommendations and will advise you on the baby's diet.

A new baby's stomach, about the size of a tennis ball, has only room

for about 4 ounces, so you can understand why a baby gets hungry so often.

How often should you feed? Feed on demand. A baby will probably want to be fed between five and seven times a day, about 3 to 5 hours apart.

How much should you feed? The infant will withdraw from the breast or bottle or will fall asleep when satisfied. Do not force a baby to drink.

Solid food is a NO!NO! Do not feed baby cereal or any other solid food. The reasons for not feeding solid food are:

--A baby's tongue has what doctors call the "protrusion reflex" and is only developed for sucking at this age.

--Solid food will be pushed out of the mouth by the tongue. When the baby reaches 4 to 6 months of age and you begin to introduce cereal and baby foods, never mix solid food with formula and feed from a bottle. The use of food pumps (infant feeders that resemble a syringe with a nipple on the end) is not recommended because choking can occur.

--A baby's stomach cannot digest solid food.

--There is greater risk of developing food allergies from solid foods given earlier than 4 to 6 months.

--Infants do NOT sleep better when eating solid foods; in fact, digestive upsets may interrupt sleep.

Remember that feeding is the main way a baby and mama get to know each other. Talk to the baby as you feed. Look into his/her eyes. If you bottle feed, hold your infant --do not prop the bottle.

A baby should be burped during and after feeding.

ROOM TEMPERATURE

The temperature in the baby's room should be the same temperature that you are comfortable with. When awake, the baby is usually very active. If you are too warm, chances are that the baby is also.

HOW TO TELL IF BABY IS SICK

If your baby has any of the following symptoms, call your doctor.

--Fever with rectal temperature of 100^{o} F or more.

--Vomiting with other symptoms (this does not mean spitting up small amounts of milk after feeding). Baby is usually irritable or drowsy.

--Frequent loose bowel movements with color and odor changes.

--Rash (not just prickly heat rash).

BROTHERS AND SISTERS

Parents will do well to give the brothers and sisters of the baby love and affection and to involve them in some caring for the baby. The amount depends on the age and nature of the brothers and sisters, but this is very important in keeping jealousy to a minimum. They must be assured that no one can take their place and that there is time and love enough for all.

GRANDPARENTS AND OTHER RELATIVES

Help will be needed sooner or later, so wise parents of the baby involve their parents with the new family member very early. Successful and happy babies and parents have strong networks of kin and friends. Everyone benefits!

SAFETY

One last note of caution. Remember to place your baby in the car safety seat EVERY time you carry him/her in a car.

Watch for your next issue of "Baby Talk - For Parents of Infants 1 to 2 Months of Age."

Authors:

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IMPORTANT TELEPHONE NUMBERS

Doctor's Office:

_____

_____

Breast-feeding Support Person:

_____

_____

Health Department:

_____

Drug Store:

_____

Fire Department:

_____

Ambulance:

_____

Poison Control:

_____

Support Friend:

_____

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For Parents of Infants 1 to 2 Months of Age

FOR PARENTS OF INFANTS

1 TO 2 MONTHS OF AGE

You're beginning to understand why I cry -- whether it's because I'm hungry or wet or tired. You know that sometimes I cry just to exercise my lungs. Now if only you could understand my language. The only "words" I know are mostly "oo" and "i" sounds, but that will change soon.

Most average 2-month-olds ...

--can hold a rattle for a brief time;

--can follow a moving light or object with their eyes;

--smile in response to another person's smile;

--pay attention to the speaking voice.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of

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this and half of the total number are behind.

BABIES ARE NEVER TOO YOUNG TO LEARN

Babies are ready to learn from the time they are born. Whether they learn and what they learn depends on how healthy they are, how many interesting things happen around them, various kinds of stimulation received, how much they are loved, and their total environment.

Learning to talk and to communicate are two of the most valuable skills a child can acquire. Babies are able to understand long before they can talk. Talk with your baby when changing diapers, feeding, bathing, dressing, and holding him/her.

This will encourage his/her talking and other responses.

Activities which encourage speech development can begin as early as 1 month. In order to begin talking, a child needs to learn various sounds. These can come from:

--a radio, record, or tape played at regular times but not all of the time (we tend to ignore sounds we hear routinely);

--a bell, securely tied to the bootee;

--wind chimes hanging in the baby's room but out of his/her reach; and

--rhymes, sung or said by a parent when changing diapers or during other contacts.

NEW ACCOMPLISHMENTS

Right now, probably the most important thing on your mind is getting your baby off to a good start. You're convinced yours is the most wonderful baby ever born and you eagerly await and praise each new accomplishment. It has been said that a child who lives with praise will learn to appreciate. This is true, even at the young age of 1 to 2 months. Through your praise and affection, your baby will know its accomplishments are pleasing you and will try to accomplish even more.

Probably one of the biggest accomplishments you are noticing now is that the baby's physical abilities are improving. At 2 months the baby can hold its head up; can lift its head and chest a short distance above the bed or table when lying on its abdomen and maybe can turn from side or back. Remember that this is the <u>average</u> age at which babies accomplish this. Maybe your baby did this a little earlier, or maybe it will take a while longer to learn to move in these ways.

IMAGINATION

Baby's ability to move the head allows much more freedom to look at things nearby. Give the baby something to see -- it need not be something that costs a lot. Homemade toys are fine.

To make a hanging toy, crush brightly colored paper or aluminum foil into a ball, sew a thread through it, and hang it from a clothes hanger for the baby to admire (out of reach, of course).

Use your imagination to create other interesting things for baby to see. Colorful, moving objects that make gentle sounds should be interesting.

PLAYPENS

Parents often feel baby is safe if left in a playpen, but over 4,000 injuries occurred last year in wooden or mesh playpens. The most serious hazard is associated with drop-side mesh playpens. When a side is left down, the mesh forms a loose pocket that baby can roll into, and many have suffocated. Never leave a drop side down no matter how young the infant.

As with a crib when baby becomes mobile, remove large toys or bumper pads from the playpen. Children use these to climb out.

When buying a used playpen, look for mesh netting with very small openings (smaller than tiny buttons on baby's clothes) and with no tears or rips. Slats on a wooden playpen should be no more than 2 3/8 inches apart. Children often use the top rail of a playpen for teething. Check vinyl or fabric-covered rails for holes and tears. A child may chew off pieces and choke.

THE WORKING MOTHER

Most parents can't be with their baby 24 hours a day. With the cost of living what it is today, both parents may need to work away from home. Even if you don't need the extra income, you shouldn't neglect your personal goals entirely. Research has shown that the quality of time a mother or father spends with his/her child in a loving, caring relationship is far more important than the amount of time.

Next month we will focus on what you should look for in choosing someone to take care of your child while you are away.

DESIGNING A WORK CENTER FOR CHILD CARE

The demands upon a parent's time increase sharply when the child is born. A well-designed and arranged work center can reduce time and energy spent on a job. We know how nice it is to have a well-arranged kitchen. The same satisfaction can be realized from a well-arranged center for the physical care of young children.

We can use some general principles to set up any type of work center. A center is made up of major equipment needed for a specific kind of task (like bathing or dressing a baby) with its own work surface and storage space.

The work surface should be within easy reach of the equipment, and there should be enough space to do the kinds of tasks usually done at that piece of equipment or appliance. It should be at a level convenient to parents' heights.

Storage space should be within reach of the work surface, and there should be enough space to store all the supplies and tools for those tasks. Do you have room for the cotton balls, diaper pins, fresh diapers, etc. ...?

Centers can be small and simple. To design your own work centers, think through the steps you will use to change and bathe the baby, for example. What motions are involved? How much space do I need? Can I reach everything easily while keeping one hand on the baby? Will baby be safe?

You are the designer. You know how much space there is in your home. Use these guidelines and become an expert in taking care of your child. Think about the future months and baby's development.

GIVING BABY A BATH THAT IS SAFE AND FUN

--Get everything together, then get the baby.

--Use a plastic tub or the kitchen sink (scrub it out and line it with a towel to keep baby from sliding).

--Use a mild soap without deodorant or perfume. Shampoos and bath oil are not necessary.

--Have two wash cloths and towels ready.

--Have one big bath towel to put your baby on.

--Check water temperature with your elbow; it shouldn't feel hot or cold.

--Wash baby's face first without soap; then hair, arms and middle, legs, and bottom last.

--Rinse hair in such a manner to avoid getting soap in eyes and give enough support to neck and head. One way to do this is to hold baby securely in one arm

with head tilted back slightly. Pour bath water over head to rinse.

--Don't poke into places you can't see. Use the corner of a washcloth to gently wash eyes, ears, and nose.

--Be sure to wash in places where your baby's skin folds together on arms, legs, feet, and hands.

--Always keep your baby warm and out of drafty places when giving a bath.

--Never leave your baby alone in water. If you have to leave the room or move more than an arm's length away from the tub, wrap your baby in a towel and take him/her along.

--Hold baby securely during entire bath.

FOOD FOR THE 2-MONTH-OLD

At this age, your baby will probably be eating about five times a day. Breast milk or iron-fortified commercial formula will continue to be the infant's only food. The protein and other nutrients in these are easily digested. A breast-fed baby should also be given vitamin drops as prescribed by the doctor.

Do not feed your baby solid foods like cereal and baby food until he/she is 4 to 6 months old. Your baby's stomach is not mature enough to digest them. If solid foods are given, food allergies could result. Some mothers feel that feeding solid foods early is an achievement for the baby -- it is not! Or, that this will cause the baby to sleep through the night -- it will not! Feeding solid foods before the baby is ready can lead to overfeeding and poor eating habits.

Your baby will begin to recognize you and also will learn that you have food! Your infant will determine its own behavior and feeding schedule. You will be happy when your baby begins to sleep through the night, but this will take time.

What about water? When babies cry, they may be thirsty. Water is necessary for a baby's normal growth and development. Your baby needs added water whether breast-fed or bottle-fed. Don't forget water, particularly if your baby has a fever. Baby can easily lose too much water through the skin.

Soda pop, fruit-flavored beverages, and adult drinks such as alcohol, tea, and coffee are not to be given to a baby. These drinks contain too much sugar and lack nutrients. Caffeine -- as in coffee, tea, and most colas -- and alcohol are drugs that can seriously affect a baby and should not be given to an infant or child.

If you are breast-feeding your infant, after 2 months or when breast-feeding is going well, you need to occasionally give the baby a bottle of formula or water. The infant needs to get used to drinking from a bottle nipple. This may make weaning easier.

If you have questions about feeding your baby, ask your doctor or call the doctor's office and talk with the nurse. Many times well-meaning grandparents and other mothers do not have the latest knowledge on infant feeding. They may have fed their children differently and do not understand new methods. Do not let other people's comments upset you.

IMMUNIZATIONS (Shots)

A baby will need DPT and polio immunizations during the second and fourth months of life. At 6 months only the DPT is needed. Ask the health department or doctor about this. Keep a record of the child's immunizations so you can stay on schedule with the shots. When it's time for the child to enter school, he/she will need a record showing that all immunizations are up-to-date.

SAFETY -- CHILD-PROOFING THE HOME

Parents must stay several steps ahead of the development of their child. For example, the first time baby learns to turn over, he/she could fall off a bed.

Make certain household items such as bleach, shoe polish, and detergent are kept out of the reach of the growing infant. It doesn't take a crawler long to discover that a hair pin can stick into an electrical outlet. Wise parents think of their baby's safety and child-proof the house.

BABY BOOK

Keep a record of important details about your baby. Include such things as when first tooth came through, when he/she sat alone, when he/she took first step, and lots of pictures.

FRESH AIR

Now is a good time to take the baby outside for fresh air as often as weather is good. If the outside is slightly chilly, just be sure baby has on enough clothes. Outdoor walks will be great for both of you.

TAKING CARE OF STAINS

Stains in baby's clothing can be a big problem if prompt action is not taken. Most stains can be removed, but some are more difficult than others. The sooner a stain is removed, the better results you will get. Always check to make certain all stains are removed before clothes are dried in a dryer; otherwise, the stain may not come out. Bleach is often used to remove the last traces of stains. Be sure to check the care label. If the garment was made after 1983 and the care label doesn't mention bleaching or says, "bleach when needed," you can safely use chlorine bleach. If you are unsure if the item is bleachable, you can check for colorfastness in the following way:

Mix one tablespoon chlorine bleach in 1/4 cup water. Apply a drop of this solution to a hidden seam or hem. Wait 5 minutes. If color is intact, it is colorfast to bleach. This proportion is for testing only and should not be used otherwise.

Always follow directions on bleach container for the quantity to use. Always measure! Don't estimate! Too much chlorine bleach can harm clothes.

Following are some stains you may find in baby's clothing and suggestions for removing them:

--Formula or milk - soak in cold water and flush out as much milk or formula as possible. Spray with a prewash or rub with detergent and wash in water as hot as the garment will allow. If stain persists, try an enzyme wash or launder, using a bleach suitable to the fabric.

--Grape juice - soak in cold water, soak in enzyme detergent (read label) and warm water for 30 minutes, rinse well, then launder. If stain persists, soak in a very mild solution of bleach suitable to the fabric. Check every five minutes until stain is removed.

--Spit-up - follow the directions for formula.

--Vitamins or medicine - spray with a prewash or dampen stain and rub in detergent. Launder with water as hot as the fabric allows and bleach suitable to the fabric. If stain persists, try a dry cleaning fluid on spot; then launder.

--Unknown stain - always soak in cold water before laundering.

Often diapers will have an odor that is difficult to remove. If this is the case, occasionally add borax to your regular washload of diapers according to package directions.

Watch for your next issue of "Baby Talk - For Parents of 3-Month-Olds."

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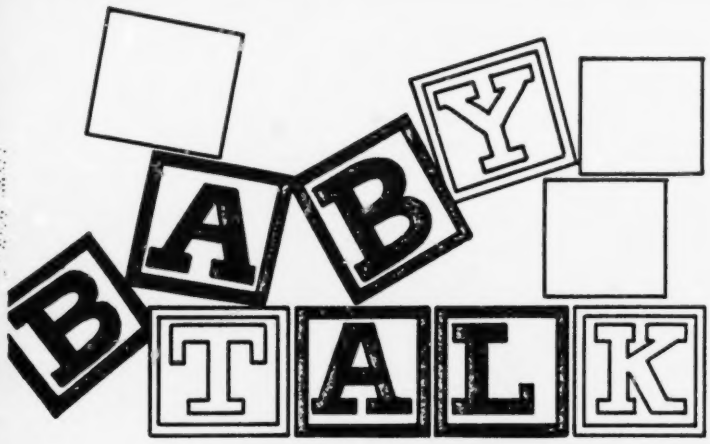

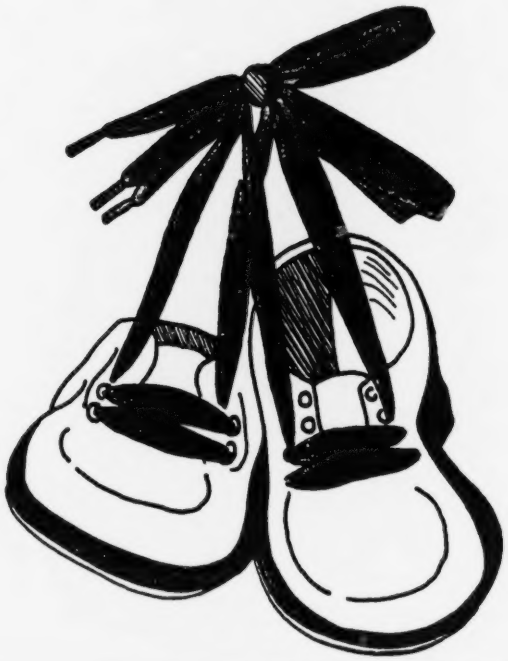

For Parents of 3 Month Olds

FOR PARENTS OF

3-MONTH-OLDS

You know, thumbs are nice - nice to taste, but even better to touch and grasp with. Now I can learn a lot about the things around me, especially the ones that are the right size for me to grasp and bring close so I can examine them carefully and then put them in my mouth. Sometimes I get upset when I can't grasp, move, look at, and taste all the things that I would like to.

The average 3-month-old ...

--is becoming interested in people other than mother, especially older children and father, of course;

--can turn eyes toward a sound;

--smiles, laughs, and squeals;

--weighs about 13 pounds.

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number of babies are ahead of this and half of the total number are behind.

CHILD CARE SERVICES

Last month in "Baby Talk," you learned that many of you are beginning to choose people to care for your baby when you must be away. Perhaps a friend or relative will care for your baby in your home where the child has familiar surroundings, but maybe you will have to choose a child care center or a homemaker who cares for children in her home. In either case, the adult care giver should be someone who likes taking care of babies, who smiles often and talks to the baby while dressing and feeding him/her.

If you are a working parent, you will be interested to know that research shows that babies do NOT love and feel closer to their daytime care givers than to their biological parents; also, babies kept in a GOOD day care center turn out to be just as smart in school and in life as those cared for at home.

If you choose a nursery or child care center, above all, it should be a place where babies are kept safe, clean, dry, and comfortable; hear gentle voices and cheerful sounds; and receive lots of praises. There should be enough care givers to provide for the needs of each child.

Visit the care center you're considering for your child. Visit at different times during the day to observe. Infants should have their own separate space for eating, sleeping, and playing and should be kept together in small numbers in a space that is bright and gay with color. Chances are that it's not the best place for babies if you see babies and toddlers mixed in with older preschoolers and school age children, sharing space and toys with older children.

Cribs, high chairs, playpens, and toys should be safe, clean and attractive in an uncrowded space. Good care givers wash hands carefully EACH time after diapering, dressing, and feeding EACH baby and are careful that bottles and cups are not shared among the babies.

In a good child care facility, babies are shifted often to new positions, new scenes, and new toys, but are left alone sometimes in cribs and playpens for "moments of peace and privacy." It's not a good place for development if babies are kept in cribs or playpens for long stretches with few chances to move about and explore.

Enough adults should be on hand to cuddle, play with, and hold the babies for bottle feeding, but they should not hold and carry the infants during most of their waking hours.

FEEDING THE THREE-MONTH-OLD

Some parents are tempted to change their infants to cow's milk (whole, skim, 2%) by 3 months. You should not do this because:

--Some infants fed 1 or more quarts of whole cow's milk per day have developed iron deficiency anemia.

--Cow's milk has a high phosphorus content and the fats in cow's milk are not absorbed well.

--The protein and sodium content of cow's milk is too high for infants and places stress on the baby's kidneys.

Cow's milk is not recommended during the first year of life.

Breast milk or iron-fortified commercial formula should continue to be the only food in your baby's diet. If you stop breast-feeding at this age, substitute iron-fortified formula. Remember that breast-fed infants need to be supplemented with vitamin D and fluoride.

Solid foods are still not needed. Food allergies may occur. Overfeeding and unsound eating habits may result.

With your 3-month-old baby, you may observe some of the following:

--Baby will begin to recognize the breast or bottle as a source of food.

--Milk may run out of the sides of the mouth when the nipple is taken out.

--Baby is not yet ready to drink from a cup.

--Baby will stare into your face when feeding and also respond to you as you talk.

--Baby, crying from hunger, may stop when mother approaches.

CHILDREN'S LIFE INSURANCE

"We've just had a baby and every insurance company in town has sent a representative to see us. Should we buy life insurance on our baby?" Sally and Tom Belton wondered out loud.

"I'm glad you asked," said Mrs. Smith, the County Extension Economist. "You see," she said, "the whole purpose of having life insurance is to provide cash benefits to someone in case the insured person dies. It may be important for Tom to have insurance because you depend on his income to survive, but the baby doesn't provide any money at all, does he?"

"No," laughs Sally, "all he does is eat and sleep." "And, costs us a bundle for diapers and doctor's visits," chimed in Tom.

"The insurance salesperson probably talked about cheaper rates by starting earlier, didn't he?" asked Mrs. Smith.

"Yes...and he also mentioned funeral expenses," said the mother as she held the baby closer.

"It's true the money could be used for funeral expenses, but you could be putting the money used for insurance premiums into a savings account for the baby. This account could grow big enough for college expenses later on...or for an unexpected expense of any nature. And that part about cheaper rates...premiums are cheaper for younger people, but the rates don't go up much for many years. So the baby can wait until old enough to have a need...say at 20 years or older."

Sally and Tom looked at each other and smiled and Tom turned to the home economist and said, "Thank you for helping us to see how unnecessary it is for us to buy life insurance for the baby. I think we will talk with our insurance agent about increasing the term coverage we already have on me and maybe starting a new policy on Sally. It would be hard for me to pay a housekeeper and still work if anything ever happened to Sally," said Tom. The baby was sound asleep in mother's lap.

ADDITIONAL THOUGHTS

It is possible to work and breast-feed. You can pump the milk from your breasts and refrigerate it until the care giver feeds your baby. Sometimes you can work close enough to breast-feed during the lunch hour.

Have a backup plan for child care when your baby is sick or when the regular child care provider is not available.

FOR FATHERS ONLY

Encourage your mate to go out some now that the baby is here. If she is breastfeeding, the doctor can recommend a formula to be used while she is out. The mother of a baby needs to continue some hobbies, social or career activities away from you and the baby occasionally. Also, you and the mother should go out together for a special evening now and then, leaving the baby with a qualified care giver.

You must continue to be loving and supportive of the baby and the mother. You'll find parenting rewarding, challenging, and fun. If you care enough to read and study about how to improve your parenting skills, your baby is lucky to have you for a father.

Watch for your next issue of "Baby Talk - For Parents of 4-Month-Olds."

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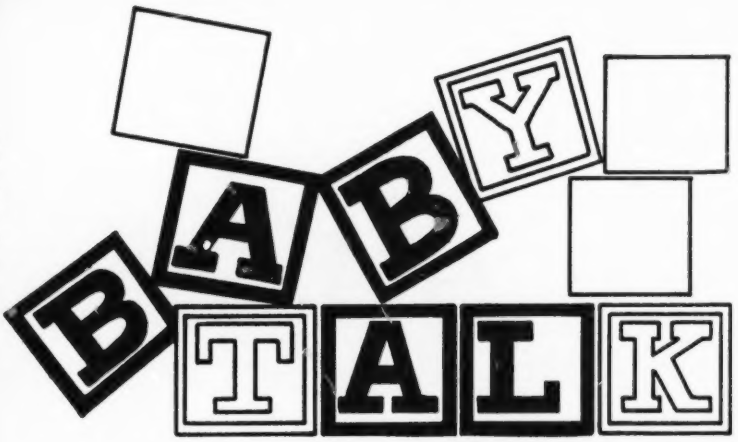

For Parents of 4 Month Olds

FOR PARENTS OF

4-MONTH-OLDS

Mom and Dad, so many interesting things are around me, and I want to tell you all about them. I love to "talk" just as loud as I can. Actually, most of the sounds I make just happen according to the shape of my mouth at the time, and they usually surprise me just as much as they do you.

The average 4-month-old...

--recognizes familiar objects;

--enjoys being with people;

--tries to roll over; can turn from back to side;

--sits when propped up;

--holds head steady when in a sitting position;

--drools (the baby does not know how to swallow saliva yet)

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Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

LEARNING TO TALK

A large part of learning to talk is learning what words mean. It will help your child if you don't use "baby talk." It's difficult enough to learn what "foot" means, without being confused by "footsie" too.

If there is a normal amount of conversation at your house and the adults enjoy talking with each other, the baby will want to get in on the fun, too, and learn how words sound long before being able to say them; so it's important that you speak clearly.

At 4 months of age, the baby seems to babble constantly. The baby makes a new sound over and over again. When the baby "talks," it's good for you to talk back. This shows understanding and appreciation of the baby's efforts.

PUNISHMENT - FORGET IT

It is important for a child to be obedient, but a 4-month-old does not understand a reprimand and does not know what to do. At this age, punishment of any kind will only hold back development.

Being kind and gentle with your baby will help more than anything else. You know that your own work isn't up to par when you are upset; it's the same with babies. For learning and development to progress, the baby's environment should be calm.

LEARNING TO PAY ATTENTION

Your baby is really making progress when learning to pay attention to things. To understand, try to experiment. While the baby is nursing, show a toy that is especially liked. Begin moving it away slowly. The baby will probably stop sucking until you put it back. This is called "place-holding." The baby is still holding place, and nursing will continue as soon as the baby stops watching the object.

Two months ago, the baby would not have noticed the moving object because all thoughts and efforts were involved in eating. Now that capabilities have increased, the baby can direct attention toward something else. The 1-year-old will be able to eat and watch moving objects at the same time.

REACHING

Around 4 months of age, your baby may begin reaching for objects. At first, the baby looks like a closed-fist fighter swinging at a target and usually missing. Soon the baby will begin to reach with open hands and jerky movements. Finally, at about 5 months, the baby will succeed in touching and grasping objects.

Isn't it exciting how babies learn?

PUT HOUSEHOLD ITEMS TO WORK

A new baby means a change in routine for all family members. For least confusion and best use of resources, take stock of your available resources. Consider human resources -- who can help and what can they do. And, then consider your nonhuman resources -- the gadgets and things that can help you stretch time and energy. Let's look at a few of these items.

Do you have a microwave oven? This appliance can be a lifesaver. Use it extensively to prepare foods for the family. But when it comes to preparing your baby's food in the microwave oven, be careful.

Prepared baby foods such as poultry, meat or poultry mixtures, and egg yolks should not be heated in the microwave oven because uneven microwave heating may cause the products to explode or splatter. The droplets of

water in the food heat faster than the protein and fat. The heated water turns into small pockets of steam.

Shaking a jar when removing it from the oven or just stirring it could lead to a hot spatter or scald. Other processed baby foods may be heated in the microwave oven, but some manufacturers do not recommend this. Read the labels on the food products and your microwave oven instruction booklet. Follow their recommendations.

It is safer not to heat the baby's formula in the microwave oven. However, if you choose to heat formula in this manner, it should be done very cautiously. Avoid using disposable plastic bottle inserts in the microwave oven. Formula overheats quickly and may boil, causing the inserts to burst. In addition, reusable bottles heating in the microwave oven may feel comfortably warm on the outside, while the liquid inside may be above a safe feeding temperature. ALWAYS TEST THE TEMPERATURE OF ANY BABY FOOD OR LIQUID BEFORE FEEDING YOUR BABY.

What about a hot water source at the sink? These handy little gadgets provide extra hot water for many tasks without the wait for heating up water.

And don't forget the bottle warmer and feeding plate you got at your first baby shower. These units are quicker and more economical than heating up the surface units on your range. Let them work for you.

To realize the greatest use of available resources, look at your total situation, think through your actions, consider all alternatives, and then select a plan you feel comfortable with. Don't be afraid to make changes or try different approaches.

Let your resources work for you, so you can enjoy the little one and your family.

FOOD AT 4 MONTHS

Food recommendations from the American Academy of Pediatrics for the 4-month-old infant are:

--Breast milk or iron-fortified commercial formula should continue to be the infant's only food.

--Breast-feeding should continue, and the breast-fed infant should receive a supplement of vitamin D and fluoride. If breast-feeding is discontinued, iron-fortified commercial formula should be substituted.

--The baby will be breast-feeding every 4 hours or, if bottle fed, will be taking 32-40 ounces per day.

--Give no solid foods yet. Solid foods are not introduced until the infant sits without support and has better control of the head and neck. This control is important so that your baby can turn away when full. Neither does your baby need the extra calories from solid food yet.

--Feed no cow's milk -- whole, skim, or 2%.

Infant feeding recommendations vary with family or children's physicians and pediatricians. The Committee on Nutrition of the American Academy of Pediatrics makes the recommendations listed above. Your doctor will consider your baby's individual needs and make appropriate feeding suggestions.

It is never a good idea to feed the child every time he/she cries. This may encourage poor eating habits. Try to determine why the baby is crying and satisfy the need.

Some feeding and sleeping on a schedule can be of help to the entire family. Many families find an every-4-hour eating pattern to fit their

baby's, as well as their own, needs. Of course when baby is sleeping through the night, you would not wake him/her every 4 hours. Simply feed the baby when he/she wakes.

BACK CARRIER

Carrying baby on your back is an easy way to go shopping or walking with your hands free. Framed back carriers should not be used before a baby is 4 to 5 months old. By then, the baby's neck is more stable.

Back carriers need to match baby's size and weight. They need to be deep enough to support baby's back. Leg openings need to be small enough so baby won't slip out, but large enough to avoid rubbing baby's legs. Sturdy materials with strong stitching are a must. Back carriers with padded covering over the metal frame near baby's face protect the baby from bumps. Back carriers have restraining straps to prevent a child from standing up or climbing out. They must be used at all times.

Watch for your next issue of "Baby Talk - For Parents of 5-Month-Olds."

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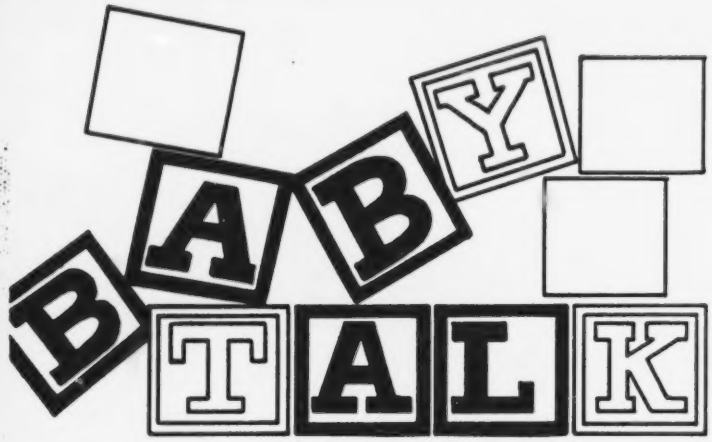

For Parents of 5 Month Olds

FOR PARENTS OF

5-MONTH-OLDS

Hi, Mom and Dad! You might call me "Eagle Eye" now. I look at everything and, as you can see, I'm getting pretty good at that "reach, grasp, put in my mouth" skill. At first it was just a routine, but now I'm doing it with a purpose. I have a lot of curiosity about the many things I see around me, and the best way for me to find out how they feel is by putting them in my mouth.

The average 5-month-old...

--likes to see faces and hands, especially parents;

--likes to look at a face in the mirror;

--enjoys playing peek-a-boo;

--can hold head steady while being pulled to a sitting position;

--can grasp and pull things.

Do not be alarmed if your baby is a little behind or a little ahead of

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average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

FASCINATING FACES

The baby is moving around and exploring things more and more every day.

Babies surprise even themselves by their new ability to turn over and move around. Safety is a major concern now.

Below is a list of suggestions to make your home safer for baby.

--Never leave baby on the floor, bed, changing table, or in the yard without watching him/her constantly.

--Fence all stairways, top and bottom.

--Don't tie toys to crib or playpen rails. The child can strangle in the string.

--Baby-proof all rooms where baby will play by removing matches, cigarette butts, and any other small objects, breakable objects, sharp objects, and tables or lamps that can be pulled over.

--Cover all unused electric outlets with safety caps or tape.

--Keep high chairs, playpens, and infant seats away from stove, work counters, radiators, and furnaces.

--Keep all electric cords out of reach.

--If your house was originally built before 1940 and has any chipping paint or plaster, repair it completely and cover it with wall paper or safe paint because of lead in the old paint.

--Store medicines, cleaners, and detergents where baby cannot get to them.

Of course your child's safety is of utmost importance to you, especially now that all of baby's senses are working full-force in exploring surroundings.

FEEDING THE 5-MONTH-OLD

The time in a baby's life between 5 and 7 months is called the "transitional period." About this time several things happen:

--Your baby's growth rate will slow slightly;

--Your baby will become more active and need more calories;

--Your baby will be able to handle some solid foods.

Remember that the milk in your baby's diet should be breast milk or iron-fortified commercial formula. If you are breast-feeding, your baby should begin to receive an iron supplement. No cow's milk - whole, skim or 2%.

In this 5 through 7 months' time period, your baby will begin to eat solid foods. At the end of the seventh month, baby's diet will be breast milk or formula, iron-fortified cereals, vegetables, fruits, fruit juices, and teething crackers or hard toast.

In this and the next two issues of "Baby Talk," discussion will center around when your baby is ready for solid foods, making your own baby foods, and properly storing baby foods.

How do you know when your baby is ready for solid foods? Look for these signs:

--Your baby will begin to sit when propped up.

--Your infant will open its mouth for a spoon and close over the spoon.

--The baby's head is steady when sitting.

--Normal swallowing occurs.

--Your baby will pat and hold bottle or breast.

--The infant will turn his/her head when full.

What food do you introduce first? Iron-fortified cereals are the best. Rice cereal is usually used first because it seldom contributes to a food allergy, if present. Never feed cereal mixed with formula from a bottle. The use of food pumps (infant feeders patterned after a syringe with a nipple on the end) can cause choking. Feed baby with a spoon.

To prepare baby cereal, mix about 1 tablespoon baby cereal with 2 to 3 tablespoons breast milk or formula to make a medium consistency.

Start slowly. A few spoonfuls once or twice a day is plenty at first. Your infant's main nutrition should still come from milk.

At this age, you may introduce your baby to a cup for drinking. Put a little bit of formula or water in the bottom of the cup at first. You can increase the amount as your baby becomes more skilled at cup drinking. Bath time is a good time to give baby a cup. As the baby learns to hold a cup and later feed himself/herself, the baby will be learning important skills.

HIGH CHAIRS

When baby begins solid foods, parents begin to think about the need for a high chair. In selecting a high chair, be certain the chair has a wide base so it won't tip over. The most important feature on a high chair is the safety belt. Falls from high chairs have occurred when the safety belt was not fastened. The tray does not take the place of a belt.

YOUR CHILD'S TREASURES

Before the child arrives, excited parents, relatives, and friends often begin the toy-buying campaign. By the time your child is a few months old you will have quite a collection to store. As the collection grows, you may find yourself thinking about a toy chest or storage container.

Commercially designed toy chests made of various types of materials can become a permanent piece of furniture in your child's room. If you choose such a toy chest, remember the safest toy chest is one without a lid. If you choose a toy chest with a lid consider the following tips:

--the lid needs to be lightweight so the child can lift it easily or push it open from the inside if trapped.

--the unit should have ventilation in case the child gets trapped and that ventilation should not be blocked by placing the toy chest in front of a wall or other furniture.

--the chest should not lock automatically.

--choose a hinge that will hold the lid open in any position in which it is placed.

Other toy containers include large laundry baskets (the plastic ones are inexpensive, lightweight, and easy to use), various types of cardboard boxes either covered with adhesive-backed paper or painted, or the bottom drawer of a chest in the child's room. Shelving also offers a way to organize a child's possessions.

Some way to organize a child's toys is necessary to provide peace of mind for the parents and other family members. An arrangement for toy storage is also important to help children learn responsibility by teaching them to pick up and put away toys. To encourage such actions, be

certain the storage containers or spaces are within easy reach of the child, provide adequate space for all belongings, and can be maintained in a neat, orderly fashion.

Watch for your next issue of "Baby Talk - For Parents of 6-Month-Olds."

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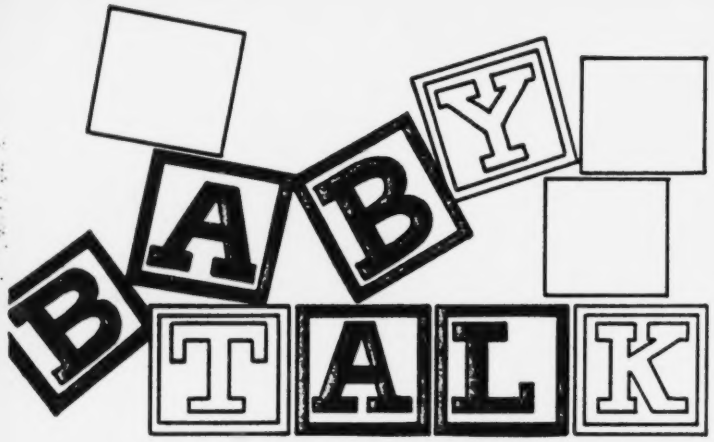

For Parents of 6 Month Olds

FOR PARENTS OF

6-MONTH-OLDS

I'm basically a friendly person. Sometimes I even smile at people first before they smile at me. But sometimes I'm afraid of strangers. I no longer accept anybody and everybody, because now I can tell the difference between friends and strangers, and I know the difference between friendly and angry voices.

The average 6-month-old...

--can roll over from stomach to stomach with rest periods during the complete turn;

--springs up and down when sitting;

--bangs with objects held, such as a rattle or spoon;

--shows pleasure by crowing and cooing;

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--shows unhappiness, cries easily when provoked, and thrashes arms and legs when frustrated;

--may be teething.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

TEETHING

Many babies begin teething around 6 months of age. Your baby may be unhappy and fussy during teething because of discomfort and fever or loss of appetite for a short time. A teether, a teething ring, or wet face cloth may give some comfort. Research shows that using a teether does not cause thumb sucking later.

A baby who is beginning to cut teeth will especially enjoy hard bread crusts and teething biscuits while being closely watched.

FREEDOM

You are concerned about your baby's safety and well-being, but it is easy to become overprotective without realizing it. Allow your child a reasonable amount of freedom to try out new skills and to explore, go new places, and get dirty. Too little freedom or too much control at this age may effect the young child later on. Children who are not given enough freedom may become timid and non-aggressive with other children and overly dependent on their parents.

FEEDING THE 6 MONTH-OLD

Milk, either breast or iron-fortified commercial formula, is still the basic food in your baby's diet at age 6 months.

You first introduce baby cereal. Next, add to the cereal vegetable, other fruit, and fruit juices. Meat will be introduced around the eighth or ninth month. As you are introducing foods, always choose single ingredient baby foods and those that are not desserts or creamed.

Never force food on your baby. Remember to introduce one food at a time and then feed this new food every day for 3 to 4 days, following your doctor's advice. Sometimes a food may cause vomiting, diarrhea, or a skin rash. Introducing foods this way helps you find and stop using any food that may disagree with your baby. When you are satisfied that your baby is not allergic to the first food, introduce another new food.

At first your baby will not eat a whole jar if you are feeding store-bought baby food. You may refrigerate the leftovers for 2 to 3 days. Feed the food from a dish. Do not put leftover food from a dish back in the jar. When your baby begins to eat an entire jar at one meal, you may feed from the jar.

An unopened jar of baby food can be served at room temperature. If you have refrigerated the food or if your baby likes it warmer, you will want to heat it. Heat only the amount needed. If the full jar is not used, refrigerate the leftovers immediately. If you have a microwave, follow the instructions in your use/care booklet or read "Baby Talk - For Parents of 4-Month-Olds."

PREPARING YOUR OWN BABY FOOD

If you have some extra time, preparing your own baby food can be fun and you may save money. When preparing baby food, you must start from "scratch." Leftover table food is not acceptable. Do **not** add salt, sugar, or fat to the food. Do **not** use home canned foods to make baby food.

CLEANLINESS

Cleanliness is a must when preparing, storing, heating, or serving baby food because a baby's intestinal

system is immature and not capable of handling germs from unclean conditions.

Before handling baby food, wash your hands thoroughly with hot water and soap. Clean your fingernails and check for infected cuts and hangnails.

Use clean equipment. Wash in hot, soapy water. Rinse under hot running water and air dry.

USEFUL EQUIPMENT FOR MAKING BABY FOOD

A **fork, potato masher, or blender** may be used to mash ripe bananas, cooked apples, winter squash, white or sweet potatoes, or carrots. Make sure the food contains no lumps, pieces of skin, strings, or seeds.

Cooked foods must be strained through a mesh **sieve or strainer** to remove all the lumps, strings, etc. (A sieve is also useful for steam-cooking small amounts of food for the baby.) Be sure all food particles are removed when the strainer is washed.

A **blender** will puree most foods, including cooked meats. Remove tough peels and seeds from fruits and vegetables before blending, or they will be ground into the food.

A small, hand-operated **baby food mill** will prepare either raw or cooked foods. One advantage is that peels and seeds are strained out of the food and remain in the mill. A mill is less satisfactory for preparing meats, except liver and other organ meats.

A **food grinder** may be used to prepare meats. Meats become smoother if ground with a fine blade first and then finished in a blender. A food grinder alone may be used to prepare meats for an older baby (10 to 12 months old).

PREPARING FOODS AT HOME

Choose fresh fruits and vegetables; cook until tender without fat, salt, or sugar; and mash to a texture to match baby's chewing ability.

STORING BABY FOOD

Storing baby food properly is extremely important. Since baby food spoils easily, plan to use immediately or freeze it. Small plastic containers (2 ounces) with tight-fitting lids are good for freezing. Baby food may also be frozen in ice cube trays; then the cubes can be popped into a freezer container.

If you refrigerate baby food, a general rule of thumb is to store baby's food in the refrigerator less than 2 days. This rule applies to open jars of store-bought baby food, too.

If any food is leftover in the feeding dish, throw it out. Do not try to save it.

Remember, cleanliness is a must for food, utensils, and hands preparing and storing a baby's food. For more information on making baby food at home, contact your local Extension office or look for books on the subject at the library or book store.

HOT SEATS

Children can be seriously burned by the overheated vinyl seats and metal hardware of cars parked in the sun, even in the winter months. In fact, when the outside temperature is only 79 degrees Fahrenheit, black vinyl in a closed car can be heated to 192 degrees Fahrenheit.

Here are some tips for parents:

--Park in the shade whenever possible.

--Test the temperature of the seat or child-restraint system before placing your child there ... if the seat is hot, protect your child by putting a towel or blanket on the seat.

--If you must park in the sun, cover the auto seat and child-restraint system with a light-colored blanket or towel.

Watch for your next issue of "Baby Talk - For Parents of 7-Month-Olds."

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For Parents of 7 Month Olds

FOR PARENTS OF

7-MONTH-OLDS

Hi! I still like to talk to everybody, and I am making many new sounds. I recently found out how to use my tongue to make clucking sounds. I still enjoy grasping things and putting them in my mouth, but they don't have to be big things anymore. I'm beginning to pick up tiny things -- lint, crumbs, and scraps of paper.

The average 7-month-old...

--weighs around 18 pounds and is about 27 inches long;

--can pass a toy from one hand to the other;

--can use thumb with fingers in grasping small items;

--may begin creeping on stomach on the floor.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

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A NEW VIEW OF THE WORLD

Your child gets a whole new perspective of the world from a sitting position. It is important for baby to get used to motion and balance that will help in learning to walk. After a while the baby will be able to sit alone. Research studies show that some babies who laid on their backs constantly and were not allowed to sit did not learn to walk until after they were 4 years old.

Each new movement your child learns to make will help develop muscles and sense of balance. Most parents are delighted when their child learns a new skill. Letting the baby know you are pleased will encourage trying more movements.

As you give baby the freedom to move and explore, you will want to protect baby from stairs or certain other hazards. Baby gates are an excellent way to do this, but some can be dangerous. Accordion style gates with v-shaped openings along the top edge can trap children. Choose a gate with a straight top edge and rigid mesh screen. Be certain gate is properly installed so baby can't knock it over.

VALUES

Development of personal values begins early in life. Your child is beginning this phase of development now -- learning to obey simple commands and developing the ability to show preference in things to do and not to do.

You can guide your child in the right directions by showing approval when it does things right. When baby does something you don't approve of or that might be harmful, direct attention toward another activity.

True, your baby has a long way to go, but first decisions to accept discipline and choose between right and wrong are the first primitive steps toward self-discipline.

PERSONHOOD - A NOTE TO MOTHER

A lot is being said today about women's lib, personal rights, and individuality. But, if you're like most mothers, most of your time is devoted to your baby. That's good. Babies need a lot of love and personal attention. But don't neglect yourself.

Many middle-aged women are experiencing a serious problem. From the time their first child was born, they devoted themselves to their children full time. They found that they just didn't have time for careers, social activities, civic activities, and hobbies. Now, when their children have grown up and left home, these mothers are realizing they have no close friends their age, they have no hobbies or outside interests, and they don't know what's happening in the world.

It may seem to you that it is much too early to even think about this, but it is so easy to become a child-centered parent and it can be difficult to cut such ties later. Many mothers sacrifice too much for their babies by cutting themselves off from people. Chances are that you will be a better parent if you devote some time to outside activities. Short separations from mother are good for the baby, too. You want your child to be social -- to accept others and to like people. Spending a little time with other people away from mother will help your child develop socially.

Devoting some time to yourself alone, through a hobby, sports, clubs, reading, or study will mean a great deal to you and your child both now and in the years to come.

FEEDING THE 7-MONTH-OLD

At 7 months, soft and chewable foods may be introduced. Foods should be introduced at a time when the infant is in a good mood, when the baby is hungry, and with a familiar food. Do not force a new food. Your baby will begin chewing by moving the food in the

mouth with the tongue. Your child should be eating solid foods without choking. Infants at this age will sit in a chair and attempt to finger feed themselves. If you are bottle feeding, the baby will hold the bottle alone.

You must carefully plan your baby's diet to meet his/her nutritional needs. Barley and wheat may be used in addition to rice. Strained or junior fruits and vegetables may continue to be added one at a time, several days apart. Be sure to include green and yellow vegetables that are good sources of vitamin A. Two to five tablespoonfuls of strained or junior fruits and vegetables each day should be enough for your baby. About 3 to 5 tablespoons of iron-fortified cereal is recommended. Avoid sweet foods like doughnuts or baby foods with added sugar.

Breast milk or iron-fortified formula is still the basic item in the infant's diet. Your baby will probably be drinking less now since you have introduced solid foods. The recommendation is 30-32 ounces of milk daily.

Your baby, who is very "social" at this age, tries to sit in a chair and wants finger foods. Babies will reach for things. Teeth begin to appear, and a teething cracker may help.

INCLUDE BABY IN THE WILL

Do you and your spouse have wills? If not, don't wait any longer! Call your attorney today to set up an appointment. Both husband and wife need wills as each has property that will pass to someone upon death.

It is especially crucial to have wills once a child or children arrive in a family. Should a spouse die without a will, property is divided according to state law. If there is one child, the property is divided evenly between the child and the surviving spouse.

If there are two or more children, the spouse gets one-third of the property and the children receive the remaining two-thirds. This is not the division most spouses want. Such a division can pose considerable financial hardship to the surviving spouse.

Another important reason for having a will is to name a guardian (someone who will take care of your child or children should you die). Parents usually name each other as first choice, but they should name another person in the event they both die before the child reaches maturity.

If you do not name a guardian for your child or children, a guardian will be named by the probate court according to state law. By naming a guardian, you eliminate various fees which must be paid if the court appoints a guardian, as well as yearly bonding fees for the court-appointed guardian and yearly financial reports to the court.

Plan for your future as well as your child's or children's future -- have a will drawn up immediately.

Watch for your next issue of "Baby Talk - For Parents of 8-Month-Olds."

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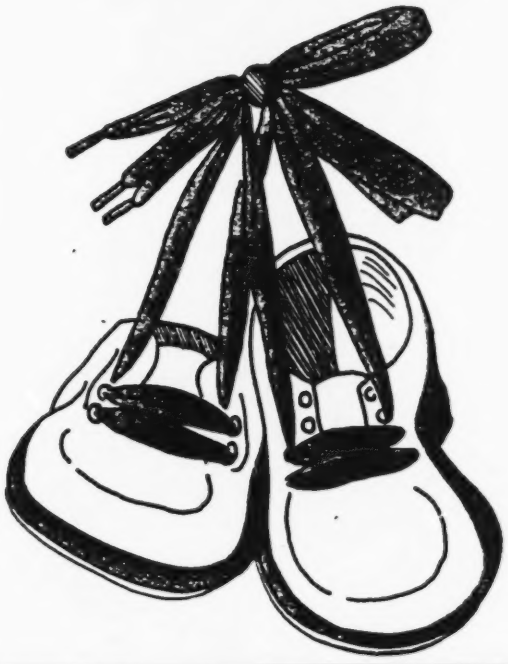

For Parents of 8 Month Olds

FOR PARENTS OF
8-MONTH-OLDS

Mom and Dad, you sure have given me a lot of new and strange things to eat in the last few weeks. I'm getting to like the idea now, but I don't care for lumpy foods. I feel really grown up when I drink from a cup as you do, and I don't spill so much when I'm really thirsty. I like to hear the different sounds things make when they fall. That's why I sometimes toss my food on the floor.

The average 8-month-old ...

--has developed hand-eye coordination and no longer reaches at random;

--sits alone steadily;

--shows affection or love for family, reaches out arms to parents as an invitation to come;

--shows nervousness and bashful behavior with strangers.

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Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

SEEING AND UNDERSTANDING

Your child's visual abilities are becoming more closely linked to understanding what is heard. Parents like to talk to their babies at this age because they can actually see that the child understands. When asked, "Where is the kitty,?" the 8-month-old will look around the room to see the kitty, point to it, and will smile or laugh.

The 8-month-old, quite an observer, will watch people and things for rather long periods of time and is interested in still items as well as motion. Instead of looking at small points or features of an object as earlier, the child now likes to see a situation as a whole. Instead of looking only at a person's face, the baby will survey the entire body, beginning with the face and moving from head to feet.

SAFE TOY TIPS

The leaflet on 4-month-olds had a special article on toys. Since then, your child's toy collection has become larger and may contain different kinds of toys; here are some additions to that list of safe toy tips:

--Make sure riding toys have widespread wheels and a low center of gravity to prevent tipping over.

--Stuffed toys should have sturdy seams. Children can choke on stuffing. Check labels to see that toys are non-allergenic, machine washable and dryable, and that eyes will not come off.

--Metal or plastic toys should have smooth, rolled edges.

--Special care must be taken with toys that have trailing loops and cords. A child should be taught never to put these loops and cords around the body in such a way as to cause tripping or choking.

--Balloons are dangerous for small children. They can be sucked into a throat and cause a child to choke to death.

--Avoid toys with jagged edges where parts are not fitted together well or toys that look as if they might break into sharp, jagged pieces. Spot-check toys occasionally for minor damage. Often a spot of glue, a tightened bolt, a few drops of oil, or even a bit of adhesive tape will prevent further damage that could lead to an accident.

--Select toys that increase your child's imagination and help to develop skills.

Child toy accidents are not as often the result of poor design, workmanship, or materials as they are of misuse. Any toy may be harmful if it is given to a child who can't handle it properly. It is up to you, the parent, to choose the right toy to fit your child's ability, to teach its use, and to provide a safe place to play with it.

CRAWLING

Soon after learning to balance in a sitting position, babies will start crawling or begin by pulling with their arms. Others use their legs to push the body along. Sometimes they even start by pushing themselves backward. The baby's first attempts at crawling are interesting to watch. Efforts are directed at a purpose -- maybe to reach a toy several feet away. Regardless of the purpose, the crawler will try with all energy to move toward the object. Crawling is one of the natural stages in development and leads to walking before you know it!

SELF-ACCEPTANCE

All babies are different. Each is special in a special way. If you love and accept your baby "as is," baby will learn to accept and like himself/herself -- and that's something that many adults have never learned to do!

FEEDING THE 8-MONTH-OLD

From 8 months to 12 months is an important time in feeding the infant. During this period, solid food becomes the major item in your baby's diet. The intake of breast milk or formula will be reduced to 30-32 ounces daily.

At 8 months, your baby should be eating the following:

Milk:

Breast milk or Iron-fortified formula	30-32 oz.

Solid foods:

Iron-fortified cereal	5-9 tbs.
Homemade or commercial strained or junior baby food, vegetables and fruits and fruit juices	9-18 tbs. or 1-2 jars
Oven-dried toast or teething crackers	1 slice of toast or 1-2 crackers

Your baby will establish a schedule and your attitude is very important in this. You will probably be feeding your baby about five to six times each day. The infant can lift a cup by the handle. Give your baby some finger foods to eat, like cooked cubes or slices of vegetables, bite-size pieces of soft fruit, cheese cubes, pieces of cereal (those without lots of added sugar; Cheerios or Rice Krispies are low in sugar).

You may see your infant push food away when it is disliked. If this does happen, neither "force" the disliked food on your baby nor make a big deal of this dislike. You may want to try the food again in a few weeks.

Always make feeding time a happy time. Talk with your baby. Don't hurry through the meal. Try to plan for the baby to eat when the family eats. Be patient as the child is learning to feed himself/herself.

CLOTHING A CRAWLING BABY

As your baby begins to crawl, make certain clothes are full and have plenty of room for movement. Dresses or gowns are not good at this stage as they may hinder attempts to crawl. Stretch sleepers are ideal for crawling. Durability will be more important than in the past. If the area where the baby will be crawling is rough, make certain clothing protects baby's knees.

Until your baby stands alone, foot covering, except for warmth, is not needed. This can be a sock, bootee, or sleepers with their own feet. Anything that is put on your child's foot should be soft and roomy. Socks and bootees should have broad toes and a lot of toe-wiggling room. Even a sock that is too tight can cause damage to your child's foot.

OBTAINING A BIRTH CERTIFICATE FOR YOUR BABY

If for some reason you did not get a birth certificate for your baby at the hospital or if you lost it, you may get one by contacting your county health department in the office of vital records. Look up the telephone number under your county name -- "_____ County Department of Health." They will ask you to fill out a form and may ask for a $5 fee to search for the birth record.

APPLYING FOR A SOCIAL SECURITY CARD FOR YOUR BABY

To get a Social Security card for your baby, take one item from List A and one from List B to the nearest Social Security office and tell them what you want. The items need to be originals, not copies. Look in the telephone directory to find out where the Social Security office is. Look

under your county name, such as "Oconee County," then find Department of Social Security. You may decide to call and talk to them about this. You will also need to fill out a form. There is no fee.

List A
Evidence of Age and Citizenship

One of the following records established before your child's fifth birthday:

--Public birth certificate (This is the preferred document. You should submit it if at all possible.)

--Religious record showing age or date of birth.

--Hospital record of birth

List B

Evidence of Identity (A birth record is not evidence of identity)

--State identity card

--Insurance policy

--Driver's license

--School ID card

--Vaccination certificate

--Adoption record

--School record or report card

--Clinic, doctor or hospital record

--Church membership or confirmation record

--Day care or nursery school record

--U.S. passport or U.S. citizen ID card

--Labor union or fraternal organization record

--Record of child's membership in Boy Scouts, Girl Scouts or other youth organization

--Any other document providing identifying data sufficient to establish proper identity

--Marriage or divorce record

--Work badge or building pass

--Voter's registration card

--Military record

--Newspaper notice of birth

--Welfare ID card

--Military dependent's ID

--Court order for name change

Note: Some of the items in this list would be applicable only for an adult seeking a birth certificate.

Watch for your next issue of "Baby Talk - For Parents of 9-Month-Olds."

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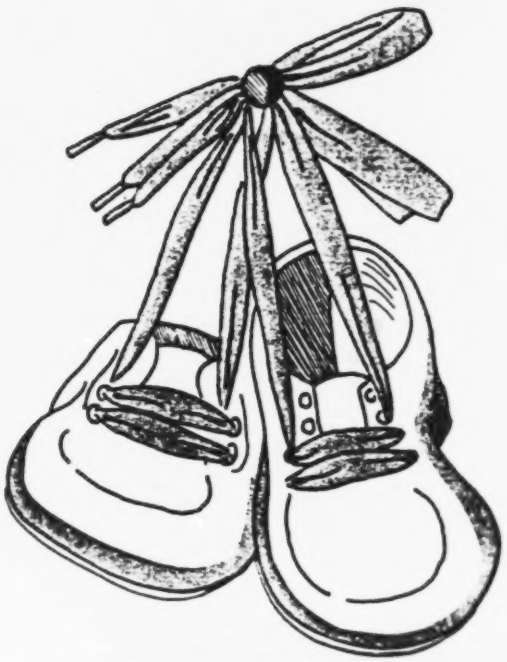

For Parents of 9 Month Olds

FOR PARENTS OF
9-MONTH-OLDS

Now that I can sit up by myself and can creep around, I'm seeing lots of interesting things that I couldn't see lying down. But instead of only looking at things and putting them in my mouth, I've discovered that it's fun to bang things together and hear the different sounds they make.

The average 9-month-old...

--is learning to crawl;

--can pull up to a standing position;

--tries to feed himself/herself;

--knows the meaning of "mama" and "dada."

Do not be alarmed if your baby is a little behind or ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

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SKILLFUL FINGERS

Your baby's hand and finger coordination is becoming well developed. Notice the ability to pick up small objects between the thumb and the tips of several fingers or between the thumb and the side of the first finger. Most 9-month-olds cannot yet pick up things between the thumb and the tip of the first finger.

Whatever baby picks up always manages to get to the mouth. Some of these tiny attractive items can be quite dangerous to the child. They may be swallowed accidentally and cause choking. Be alert to what may be dropped on the floor.

TOYS

With your baby's new interest in tiny objects comes fascination with openings and holes. Your creeper will become skillful at putting objects into containers and will enjoy toys that can be put together, such as balls or cubes that fit into a larger shape. Empty metal cans with smooth edges and in various sizes that fit together, ranging from small juice cans to large vegetable cans, will be nice toys at this age. You can take advantage of this interest in containers by teaching your little one to put toys in a box or toy chest. To prevent choking, make certain that small parts will not come off and do not give baby small objects to play with.

AN EXCITING TIME

The next few months will be exciting for you because your child is developing new skills faster than ever before. It seems that the 9-month-old learns something new every day! Take pictures of the baby and keep a diary of accomplishments.

PLAY A GAME WITH BABY

An interesting game to play is hiding an object and letting baby find it. Use a small toy; hide it behind your back or under a pillow while baby looks on, then watch how baby reaches for the object and finds it. The child has learned that an object can exist even if it is hidden from sight. Babies under 9 months can't understand this. If they can't see an object, they think it doesn't exist.

CHOKING

With everything the baby touches going into the mouth, sooner or later one of these little "treasures" may cause choking.

Choking is the second greatest cause of home accidental deaths in children under 5 years of age. Choking may result from eating too fast, chewing improperly, laughing or crying with something in the mouth, or just by holding a small object in the mouth.

Prevent choking problems before they occur. Always supervise young children while eating and playing. Have children eat while sitting up. Do not allow toys that are small enough to cause choking. Pull out this chart and hang it in a convenient space, just in case choking does occur.

FIRST AID FOR THE CHOKING CHILD

NOTE: If the child can speak or breath and is coughing, any maneuvers are dangerous and unneccessary.

For the infant	1. If the infant chokes and is unable to breath, place face down over the rescuer's arm with head lower than trunk. The rescuer rests his/her forearm on the rescuers's thigh.
	2. Four measured blows are rapidly delivered with the heel of the hand between the infant's shoulder blades.

	3.	If the breathing is not started, the child is rolled over and four rapid compressions of the chest are performed.
For the Larger Child	1.	For a larger child, the rescuer kneels on the floor and drapes the victim across the thighs and delivers four back blows. Then, with the head supported, the child is rolled onto the floor and four chest compressions are delivered.
	2.	If breathing is not started, the rescuer should open the child's mouth by placing his/her thumb over the child's tongue and wrapping his/her fingers around the lower jaw. If a foreign body is seen, it may be removed with a finger.

Rapid transport to a medical facility is urgent if these emergency first aid measures fail.

SAFETY CHECKLIST

Your child's curiosity and ability to explore are increasing, so you must increase safety precautions in and around your home. In addition to safety tips listed in previous "Baby Talks," these are important to your child's well-being.

--Baby-proof all cupboards and drawers that can possibly be reached and opened. Remove all small and sharp objects, breakable things, household products that might poison, plastic bags, and food that might cause choking (such as nuts or popcorn).

--Keep coffee, hot foods, cords and hot pots and pans out of reach.

--Don't use a dangling table cloth that can be pulled onto a child's head.

--Keep medicines and household products that might poison in a locked cabinet.

--Be especially careful when you or someone else in the family is sick. Medicines are likely to be out of their usual safe place, and the baby may want to imitate you by eating them.

--Keep medicines separate from household products and household products separate from food.

--Avoid giving a medicine in the dark. Turn on the light and read the label every time.

--Never leave your baby alone in the bathtub or wading pool or near a mop bucket or toilet. Drowning can occur in only a few inches of water. Also, turning on a faucet when baby is in reach of the water may cause scalding.

--Don't put poisonous material in food containers - such as gas in a soft drink bottle.

BABY'S FIRST SHOES

A toddler standing unaided needs a shoe that will protect feet and provide a stable standing base. The first shoe, often called a "prewalker,"

should have a soft, flexible, full-cut leather upper and a thin (1/8 inch), flexible leather sole.

It's always a big event when your baby takes that first step; never try to force your toddler to stand or to walk. When the bones, muscles, and tendons are developed enough, the toddler will stand or walk.

As the toddler becomes a little more self-assured and begins to run about, a sturdier shoe will be needed. This shoe should still be flexible and provide width and depth in the toe area, but now the sole and counter (the stiff piece of material inside the back of the shoe around the heel) is a little firmer. This sturdy counter holds the child's heel in place and keeps it from slipping as the child runs about.

Many parents ask whether to put a high-top shoe on the child's foot. This question should be discussed with your doctor. The higher top shoe gives extra support to the flexible heel and ankle. However, the low-cut, oxford-type shoe allows the ankle muscles to strengthen. The high-top shoes will remain on the foot despite efforts of the child to get them off. Check with your doctor for advice.

If you do decide to use the high-top shoes, the tops should be soft and flexible enough to permit the ankles to bend naturally.

Remember that walking barefoot also develops muscles.

For more information on selecting shoes, ask your Extension Home Economist for "Shoes Build Happy Feet," HE Bulletin 198.

FEEDING THE 9-MONTH-OLD

It's time to introduce baby to meat. Meat is an important source of protein and iron, which are particularly important to the breast-fed infant at 9 months. If you are using commercial baby foods, read and compare the labels. The plain meats usually have more protein than the meat dinners.

If you prepare your own baby food, a basic meat recipe is listed below:

Meats

Do not add salt or fat.
1/2 cup meat (small pieces of chicken, liver, roast, beef, turkey, pork - not ham, sausage or bologna, luncheon meats or processed meats)
2-4 tablespoons meat broth, formula, or milk
Cook lean meat (fat, skin, and connective tissue removed) over low heat in a small amount of unsalted water. Chop meat in a blender with liquid until smooth. Serve or date and label contents and freeze no longer than a month.

Note: Meat may be ground in a food grinder or processor for older babies (10-12 months old).

Fit meat into a variety of foods your baby is eating now. And remember to choose snacks for baby as carefully as you choose meats. Good snack choices include banana slices, cooked green beans or peas or carrot circles, crackers or toast. Avoid sweet snacks, including Kool-Aid and sodas. The food habits you are establishing in your child now will last a lifetime.

Watch for your next issue of "Baby Talk - For Parents of 10-Month-Olds."

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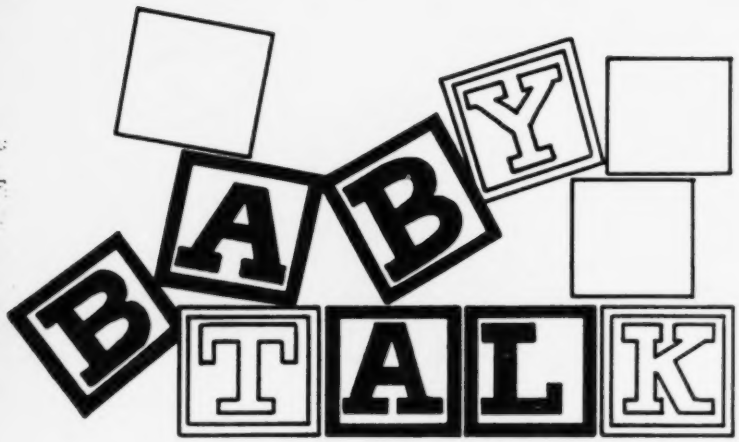

For Parents of 10 Month Olds

FOR PARENTS OF
10-MONTH-OLDS

Mom and Dad, I'm getting over my dislike of strangers. I like people more now, but I always want both of you nearby. I don't like to be stuck in my crib or playpen all the time. I want to be where the action is! When we have company, I like to be in the middle of the party. I like for everybody to play with me, and sometimes I'm a big flirt.

The average 10-month-old ...

--weighs between 16 and 25 pounds and is between 26 and 30 inches long;

--can pull to a standing position;

--makes early stepping movements when held;

--does not enjoy lying down unless sleepy;

--pays attention to own name;

--says one or two words.

Do not be alarmed if your baby is a little behind or a little ahead of

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average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

BEWARE OF PLASTIC WRAPPERS

The clear plastic wrappings of dolls, games, and other toys present a real danger. A child can smother in a minute or two inside an airtight plastic wrapping. All such wrappings should be removed and destroyed before the toy is given to the baby.

NICE BUT NOT NECESSARY

Some parents invest a lot of money in equipment for their children. Many of those items are nice to have but are not necessities. Two items in this category are playpens and walkers.

When a child the age of yours moves around and "gets into everything," you have to watch all the time to prevent possible injury. A playpen is nice because it takes a lot of strain and worry away from the parent. However, it does greatly limit the child's environment. A child should be encouraged to explore - that's how learning occurs. Curiosity should not be discouraged. The baby should not be left in the playpen for a long period of time. Don't let the playpen's advantage to you be the child's disadvantage in learning about this world.

Walkers are an aid to the child in moving around at first, but they usually do not help the child learn to walk any earlier. At first, some babies may be frightened when they are put in a walker. Some parents buy walkers because they keep the baby off the floor, discourage picking up things, and prevent getting dirty. A walker might be convenient for the parent. It probably won't hurt the child, but it does cause the child to bypass the crawling stage, which is a normal stage in development.

Walkers can present hazards for toddlers. Most accidents have occurred when a toddler goes near the edge of a stairway and topples on down. This type of accident often occurs when a parent's back is turned for a minute to do something as quick as answer the phone or doorbell!

Use walkers only in areas where there are smooth surfaces. Edges of carpets, throw rugs, or raised thresholds can cause walkers to tip over.

Children's fingers have been amputated in older walkers with X-frame designs. If there are springs on the walker, make certain they have plastic sleeves. Walkers are not babysitters. Never leave a child unattended.

DISCIPLINE

Discipline should mean training that guides the child and strengthens good behavior. It should not mean punishment. A child needs a balance of freedom and control.

Punishment, such as slapping the child's hands for touching something dangerous or expensive, will eventually prevent touching things at all. It is better to simply move things that you don't want the baby to touch. Later, when older, your toddler will understand not to do certain things.

Children of any age learn from their mistakes when they are disciplined. A talk, which allows the child to understand misbehavior, is far better than physical punishment, which will stop the misbehavior but won't allow the child to learn why the action was done was wrong.

At 10 months of age, and for quite some time to come, your child can't understand that certain things should not be done. The best type of positive discipline now is to turn the child's attention away from disapproving action and onto doing something else.

Good discipline calls for advance planning. It is a lot harder to discipline than it is to punish, but the extra effort will pay off by

helping the child develop self-discipline that will be important later on in helping make adult decisions.

FEEDING THE 10-MONTH-OLD

Your baby's feeding schedule at this age resembles other family members' schedules for meals and snacks. If your baby is weaned from the breast, remember to feed an iron-fortified formula until the end of the first year.

Suggested foods and amounts are listed below:

Milk:

Breast milk or iron-fortified formula	24-32 oz.

Solid foods:

Iron-fortified cereal	1/2 to 3/4 cup
Finely chopped meats or American cheese	1/2-1 oz.
Well-cooked, mashed vegetables	1/4 to 1/2 cup
Mashed raw or strained cooked fruits	1/2 to 3/4 cup
Vitamin-C-fortified fruit juice	2-6 oz.

For snacks consider:

Oven-dried toast, crackers, yogurt, cottage cheese, soft fruit chunks, cooked bite-sized vegetables

Note: There is still no need to add fat, margarine, sugar, salt, or other seasonings to baby's food.

It is important to feed your baby a nutritious, well-balanced diet. Stay away from soda, Kool-Aid, sugar-coated cereals, candy, and other foods that may fill him or her up before the nutritious foods are offered. Remember, you are forming your child's lifetime food habits.

Watch for your next issue of Baby Talk for Parents of 11-Month-Olds.

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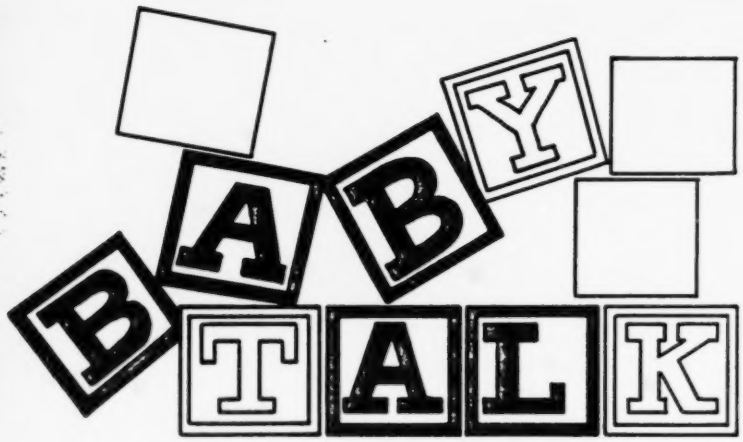

For Parents of 11 Month Olds

FOR PARENTS OF
11-MONTH-OLDS

It would be nice to have a friend my own age. I'm interested in other babies because I understand that they are more like me than grown-ups are. I haven't learned to play with them yet, and it will be a long time before I can share; but I like to look at other babies and touch them. I'm learning gradually that I'm not the only other person in the world. Other people can make things happen just as I can.

The average 11-month-old ...

--carefully handles and examines objects;

--understands and responds to his/her own name;

--shows many emotions strongly, especially anger.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

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LEARNING TO TALK

Responding to baby's smiles and sounds is important even though most babies at this age are more interested in learning to crawl and walk than they are in learning to talk. Some 11-month-olds can speak a word or two.

We've already mentioned that the first step in learning to talk is learning what words mean. Your child knows the meaning of many words even though he or she cannot say them yet.

When talking begins your child will not speak clearly, but this does not mean you will have to cope with a speech problem. It takes several years not mean you will have to cope with a speech problem. It takes several years to perfect the sounds of some letters. Your child's speech will improve through practice. Talk to your baby - make the surroundings interesting so that there will be something for the child to talk about.

LEARNING ABOUT OTHERS

At first the baby was the cause for everything that happened to him or her. Crying brought foods, dry diapers, a change of scenery, and your affection.

At 11 months of age, your child is learning that he or she is not the only force in the home. Parents and other people cause things to happen too. This is the very beginning of learning to see self in relation to others. It takes a long time before baby understands how people feel and that they have certain needs too, but this small beginning leads eventually to loss of self-centeredness.

DO YOU EVER FEEL TRAPPED?

Taking care of a baby and providing for healthy development is no small task. Sometimes parents feel trapped. True, the birth of a baby causes you to stop some things and brings changes to your life. At first the newness of the experience and the excitement of having the baby at home overpowers the parents' feelings of being tied down. But sooner or later, most parents begin to feel that they will never be themselves again because of all the energy, both physical and mental, that the baby requires. This feeling is normal, but do not allow it to continue. Plan some time for yourself. Leaving the baby with someone else can be a good learning experience for the baby. This also provides a little "freedom" for you.

Whether or not you work outside the home, you need to plan some fun time for yourself and some romantic times for you and your spouse.

FEEDING THE 11-MONTH-OLD

Your baby's feeding habits are well developed by now. You are introducing a wide variety of table foods. You should provide these in small bite-size pieces. Babies at this age should be able to chew most foods.

Milk:

Breast milk or iron-fortified formula	24-32 oz.

Solid foods:

Iron-fortified cereal	1/2 to 3/4 cup
Finely chopped table meats, fish without bones, mild American cheese	1/2-1 oz.
Mashed potato, macaroni, spaghetti, or other pasta	1/2 to 3/4 cup
Well-cooked mashed vegetables	1/4 to 1/2 cup
Mashed raw or strained cooked fruits	1/2 to 3/4 cup

Vitamin-C-fortified fruit juice	2-6 oz.

Other foods as desired or for snacks:

Oven-dried toast, crackers, yogurt, cottage cheese, ice cream, and pudding

Your child's feeding schedule is much like the other family members', usually three meals a day and two or three snacks. Babies at this age like to feed themselves. Much of the mealtime will be messy, so it is a good idea to put a plastic tablecloth under the infant's chair. This is the only way the child learns. Remember to serve juice from a baby cup. Child-size plates, cups, and spoons may be helpful.

AVOID FALLS

Accidental falls are common among infants and small children. Most of them are minor, but some falls can be severe, particularly if the baby is only a few months old. The younger the child and the higher the fall, the more likely the injury will be serious.*

So the question is, "How do you protect children from falls from high places?" The best way is not to leave them unattended anywhere they might fall. Always keep a close watch on infants when you have them on a bed, sofa, counter top, dressing table, or similar piece of furniture. Use guard fences to block off flights of stairs from infants too young to use them safely.

*Never underestimate your child. A baby can quickly roll over or crawl to the edge before you know it - quick as a wink!

Watch for your next issue of "Baby Talk - For Parents of 1-Year-Olds."

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For Parents of 1 Year Olds

FOR PARENTS OF
1-YEAR-OLDS

I've learned a lot in the past year, but the best thing I've learned is to explore! I grab everything that comes into sight, but open cabinets and drawers are my favorite hunting grounds. Sometimes you seem to get a little upset by this. I don't know why - I'm just trying to learn and, boy, is it fun!

The average 1-year-old ...

--has around six teeth;

--is more interested in walking than talking;

--can sit down from a standing position without help;

--cooperates in dressing; can put arm through a sleeve, can take off socks;

--likes to eat with fingers.

Do not be alarmed if your baby is a little behind or a little ahead of average. Average simply means half the total number of babies are ahead of this and half the total number are behind.

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TOILET TRAINING

Some parents are asking about toilet training now. Few babies are ready for toilet training by age one. It's better to wait until the baby is between 14 and 18 months old before even beginning toilet training.

Toilet training works out best if you don't rush it. Babies get trained sooner if they set their own pace. Most babies do not learn until 1 1/2 to 2 years old. Then they are better able to control their bowels.

REMINDER ABOUT DISCIPLINE

Praise the type of behavior you want the child to continue. Praising a child's desirable behavior will cause the undesirable behavior to drop out of sight. If you praise something your baby does, remember to give praise the next time. This is being consistent. Praise or disapproval should be given consistently for a definite type of behavior.

Avoid conflict as much as possible. For example, if baby is playing with something breakable, provide something more interesting rather than fussing at him/her or spanking a hand.

PETS

It's best to wait until a child is about 2 years old or older to get a pet, such as a dog or cat. But if you decide not to wait until then, you should understand how your child will act toward the animal.

To a baby, a pet is just another toy, like a stuffed animal, to be grabbed and thrown around. The pet will suffer and, if given a chance, it may bite or nip the baby.

Most people feel children should be old enough to take some responsibility for the care of a pet before having one (less likely to harm the pet - good learning experience then).

TELEVISION - THE AMERICAN PASTIME

Children can learn a lot, both good and bad, from television. Don't get in the habit of letting the TV entertain the child. A large number of Americans are observers of life rather than participants in life. Learning about life firsthand can be much more meaningful and enjoyable than seeing it on TV.

Too much TV isn't good for the baby at this age for a special reason. A 1-year-old is learning about different sounds and needs to hear a variety of sounds. The tone and volume of a TV or radio is pretty much the same all the time. After listening a while to this constant sound, the baby might not be interested in hearing different sounds.

MEMO FROM YOUR CHILD

--Don't spoil me. I know quite well that I ought not to have all I ask for. I'm only testing you.

--Don't be afraid to be firm with me; I prefer it. It makes me feel more secure.

--Don't let me form bad habits. I have to rely on you to detect them in early stages.

--Don't take too much notice of my small ailments. Sometimes they get me the attention I need.

--Don't nag. If you do, I shall have to protect myself by appearing deaf.

--Don't make me feel smaller than I am. It only makes me behave stupidly "big."

--Don't be inconsistent. That completely confuses me and makes me lose faith.

--Don't put me off when I ask questions. If you do, you will find that I stop asking and seek my information elsewhere.

BUY CLOTHES WITH GROWTH FEATURES

Because a young child likes to run, climb, crawl, and push, clothes must allow for active body movements. As they need to be warm but not hot; absorbent but easily cleaned; soft yet durable; comfortable and adjustable to a rapidly growing body.

Since a youngster grows so rapidly, growth features should be considered whenever buying or making children's clothes. Growth features to look for include adjustable straps, deep hems and cuffs, raglan sleeves, dresses with undefined waistlines, long "tails" on shirts and blouses, partially elastic bands in sleeves and waists of pants and shirts, wide seam allowances, and stretch or knitted fabrics.

It is always better to buy clothes with these "built-in" growth features than to buy clothes several sizes too large. If clothes are too big and bulky, they become dangerous to wear. Garment openings (sleeves, pockets, necklines, pants-leg hems) or extra-full pants and skirts may catch on door knobs or get stepped on while climbing and could cause a serious injury. Well-selected garments will allow for growth and permit body actions, yet fit close enough to the body to avoid catching on harmful objects.

All garments should be reinforced (sewn several times) at points of strain, especially at the knees, elbows, crotch, pockets, buttonholes, and underarm seams. Rough-and-tumble clothes need to have double rows of stitching along seam edges to prevent seams from coming apart. Secure and reinforced stitching, firmly woven or tightly knit fabrics, and high quality workmanship will all help day-to-day clothes last longer.

Fabrics used in children's garments need to be soft, absorbent, and lightweight for comfort; firmly woven or closely knit for durability; washable, with little or no ironing required for ease-of-care; and attractive. By all means, avoid delicate fabrics and trims that will not stand up to hard wear and that call for special cleaning and care.

FEEDING THE 1-YEAR-OLD

Twelve-month-old babies will begin using small spoons or forks to feed themselves. They chew better and can eat a variety of foods.

The suggested foods are the same as those given for the ten-month-old. Be sure to feed your baby a variety of foods. Dark green or yellow vegetables should be fed every other day to supply vitamin A. Orange juice or other vitamin-C-fortified juices should be given every day. Foods, such as iron-fortified cereal, meat, liver, and leafy green vegetables, supply iron. Iron is one of the nutrients that can easily be low in your baby's diet. Be sure to include iron-rich foods. It is recommended that you continue to feed iron-fortified cereals until 18 months of age.

Avoid sugared cereals, candy and foods high in fat or oil. Your baby does not need food that has been salted or sugared. Enough salt and sugar is in food naturally to meet an infant's needs. Avoid soda pop and adult drinks, such as beer or alcohol, tea, and coffee. Alcoholic drinks are drugs and will seriously affect the baby. Caffeine in tea, coffee, chocolate, and colas is not good for infants.

Now would be a good time to read up on feeding the toddler. Call the Extension Office for more information.

TAKE CONTROL OF YOUR TIME

As a new mother, whether it's your first child or any number thereafter, you have more responsibility than before. However, you still have the

same amount of time. How are you going to get everything accomplished?

The answer is, you probably won't. And that's all right if you understand what you are doing. It's essential that you remain in control of the situation. Take a careful look at what is important to you and your family. Is it more important to have a spotless house or go on a family outing? Once you have decided what is most important to you and your family, you can make plans accordingly. Do first those things that bring you and your family the greatest satisfaction and, if time grows short, forget the other things.

Often it is hard for us to let things go undone. Another way to cope with tighter time constraints is to lower your standards. Some people may find this totally unacceptable, but for your sake and family satisfaction, it may be necessary. Instead of vacuuming twice a week, once a week might do. What about letting dishes air dry? Or using convenience foods?

Another big time-saver for today's busy mother is getting others to help. The father and older children can assume responsibility for tasks in the home, tasks related to their well-being, and tasks related to the baby. Family cooperation in performing chores can mean more time for family sharing and togetherness.

As the hours of your days seem to fly out the window, don't panic. Have a family meeting with open discussion about demands, time available, family skills, family values, and individual needs; then make a time plan for your family so each family member will be a part of the team and still have individual time. To get the most from each day, you must control your time.

This is the final leaflet of "Baby Talk." During the past 12 months, your child has had many accomplishments. We hope these leaflets have been helpful to you in understanding your baby. From time to time they will be revised. We will appreciate your suggestions, now that you are an experienced parent.

Thank you for letting the Clemson University Cooperative Extension Service help in making your "little one" become a "bigger one."

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